



## **Southeast High School to Celebrate Family & Consumer Sciences Day**

*This event highlights the many benefits to families of “dining in” and shares resources developed and provided by family and consumer sciences professionals.*

Join us in celebrating the nation’s fifth annual [Family & Consumer Sciences Day](#)—a celebration that educates families about the importance of preparing healthy meals and “dining in” together. Southeast High School Family & Consumer Sciences classes are organizing a #DeviceFreeDinner to be held on Monday, December 3<sup>rd</sup> from 6:00-7:30 p.m. in the SHS Cafeteria. This year’s emphasis is on dining “device free” so that families can build healthy relationships face-to-face.

Now in its fifth year, Family & Consumer Sciences Day calls attention to something simple families can do to be physically, mentally, and financially healthier—prepare and/or eat a nutritious meal sitting down together. We are proud to take part in this important initiative.

The event at SHS is open to anyone, and free to attend. We just ask that each family brings a side dish or dessert to share, and RSVP online at [www.goo.gl/cq72mh](http://www.goo.gl/cq72mh) by November 30th. The main dish (brisket), all tableware, and drinks will be provided. There will be a photo backdrop for family photos, and there will be several door prizes given out at this event – gift certificates, cookbooks, and more!

Since 2014, more than 400,000 commitments have been made to “dining in” on Family & Consumer Sciences Day. In 2018, the goal is to add 200,000 “Dining In” commitments. The [American Association of Family & Consumer Sciences \(AAFCS\)](#) chose December 3<sup>rd</sup> for Family & Consumer Sciences Day to honor [AAFCS Founder Ellen Swallow Richards](#), first female graduate of and instructor at MIT.

**You can learn more about National Family & Consumer Sciences Day at**  
<https://www.aafcs.org/fcsday/>

Contact Mrs. Janet Holden with questions about this event at [jholden@usd247.com](mailto:jholden@usd247.com) or 620-457-8365.